



United States Gymnastics Federation

GYMNASTICS NEWS

November - December 1980

Vol. IX, No. 8

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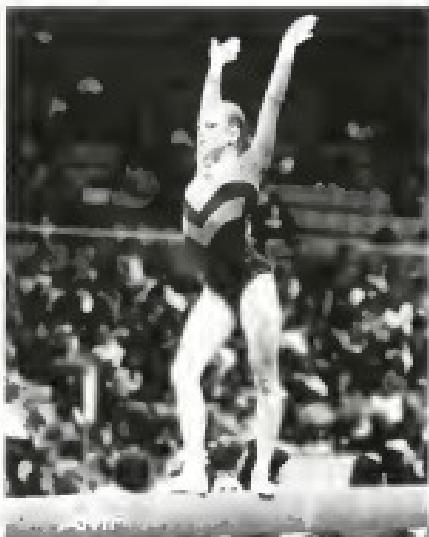
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ETHICS AND THE GYMNASTICS PROFESSIONAL

Editorial by Roger L. Counsil

Promoting an moral issues is not one of the subject areas that I consider as be my area of expertise. I do, however, from time to time get concerned about various acts and situations that persist in the gymnastics world. Many of the situations that we might frequently label unprofessional go back to a basic morality and a basic personal code of ethics. In pondering the subject I have identified at least four subject areas, although I am sure that there are more, where we as gymnastics professionals ought to be cognizant of developing a personal code of ethics which should be beyond reproach.

The first area which is oftenmost violated is the ethics of the coaching profession. Many times coaches in their zeal to develop champion athletes as quickly as they can, and to impede the basic development of the athlete regarding the development of strength, flexibility, etc., as they prepare the athlete for the learning of skills. Further, I think some coaches will do not realize the value of compulsory exercises and their value for basic skill development. Many coaches, in working with the teaching of skills to young people, do not give thought to whether or not the skills being taught are appropriate to the level of growth of the athlete. Many people who are profit-motivated in gymnastics clubs become caught up with what I might term "time pressured gymnastics" to the point where there really is little identifiable progression, nor is there a discernable goal as far as the conduct of certain gymnastics programs are concerned.

All of the points that I have mentioned touch upon ethical considerations, and I feel that every coach who conducts a program, whether in a public education institution, an ethnic organization, such as Turners or Soknis, a public organization, or a private club, should examine his or her feelings regarding the ethics of the judgments they make regarding the teaching of skills, the speed of progression and the appropriateness of skills to a given growth level of a child.

The second area, and many coaches, including the USGF, has been guilty of this at times, are the ethics of scheduling Olympic trials, because of the desire to showcase their teams or the desire to give their teams a wealth of experience in competition in a relatively short time, coaches tend to schedule too many competitions and exhibitions. The USGF was guilty of this this past summer in an effort to supply alternative experiences to the Olympic Games to national teams. We did this to a point where the athletes were over-travelled and over-examined. In doing this, whether it is a YMCA coach or a high school coach at the basic level, or whether it is the USA national team, a basic principle is violated in over-scheduling. This principle is, of course, a disruption of the time that is required for effective teaching and learning of skills.



The third area of ethics in the gymnastics profession relates to the ethics of the collegial relationship between coaches. In many cases, because of the intense competition between teams, coaches evolve into a situation of intense rivalry that tends to exceed the conduct when they are in a professional situation, such as a meet or activity. We in the world of gymnastics are, more than ever before, professionals in the true sense of the word. And that a profession can only be as bona fide and as prestigious as its members allow it to be. A renewed pride on the part of all coaches and judges, and other involved in gymnastics, and conduct consistent with that pride, will help us enhance our profession.

Lastly, and certainly not least, is the area of the ethics of judging. This subject has probably been given more lip service than any of the foregoing subjects. The unfairness of judges internationally has been spoken about by all nations since the inception of the sport of gymnastics. Because it is a sport that is judged, I suppose that we will never be free of accusations of unethical conduct among judges. It is, however, the very soul of the sport of gymnastics that the athlete who turns in the best performance should get the best score and win the medal. As we all know, it is very difficult to eliminate all bias when we try to do so. I am again concerned that if we are not aware of the pitfalls of bias and the way that bias can occur, then we ourselves as judges may become guilty of unethical conduct. This can happen because of our particular relationship with a given athlete, with a given coach, with a given city, with a given nation, or any of the other factors which tend to make us not view all performances with the same objective eye. As I stated at the beginning of this editorial, I am not accustomed to preaching, nor do I feel very comfortable at it, but I do feel that from time to time each and every one of us has to stop and take stock in ourselves and our motivations—for what we do and why we do those things in the manner in which we do them. I feel that by periodically examining ourselves as far as our gymnastics philosophies and resultant conduct are concerned we can become more ethical, more professional and more effective in our gymnastics activities.

World Cup 1980

Francis Allen

We went to Toronto, Ontario on the 22nd of October and trained for two days in a nice, large gym with three different group rotations. One day would be the Japanese, U.S.A. and Hungarian and the next day it would be France, Bulgaria and Canada. This is the way the rotation went for the two day practice so that all teams could get a good look at each other.

The equipment at the gym and arena was supplied by Speth Anderson and was quite good. It is beginning to look like AMF. The new spring floor was two sets of plywood, one on the top and one on the bottom with air balls between the form. It is stiffer than the floors in the United States but other than that the equipment was very acceptable.

The competition was held in Maple Leaf Gardens on the 1980 Olympic Podium and the competition went off pretty smoothly. Hartung started on rings and did a very nice routine. He scored a 9.45. Edward Aszkeny was third up after Hartung. He had no strength point, no press hold point and the same base diameter as Hartung but scored 9.7. The just kind of states the general trend of scoring with the communist block judges, really pumping their gymnasts scores.

Hartung's next event was vaulting. Nice double front with Kowalski. Scored 9.63. Parallel bars was the next event. He had a nice routine with a good landing on the dismount. Scored a 9.7. The high bar was his next event. Took some hand drop on the 'Nam & out dismount. A 9.3 score, still up to that point. Scored a 9.8 on floor exercise. Jim indicated his thumb three times during the floor routine. His problems started with the 'Nam & out, but was able to get off mat with a 9.3.

The Doctor and I checked his thumb, ice'd it and taped it. Jim did his routine unpowered, hand and scored a 9.65. Up to that time it looked as if he could be in the top 2 even after the judge's scoring.

One other judging point on parallel bar you must have a hang or glide-off for every country but Russia. Russia can do they want and it would not be taken off. Very obvious.

The general feeling and impression was that Hartung made a good impression on the other coaches and crowd.

Flaving made totals in three or four events, but we had to scratch him because of the color and swelling of his thumb before finals.

I think we made closer ties with Japan and China but Russia stayed at their general aloofness and awyness. Bulgaria was just Bulgaria. I think we are close to being a favored team with Canada.

I would like to say something about Susie Kellums. During one of the practice sessions, she overturned a double back on the floor and got a medium to severe whiplash. She really strapped hard, actually ring her bell. Her coach and I decided to have the Doctor look at her and he agreed to whiplash and advised her to drop out due to memory loss and eye blurriness. She was really ready for competition and would have done okay. This is just an outside observation from a men's coach and that's the story of Susie Kellums.

The Canadians are a good meet. They could take a few lessons from the United States, however, on how to help competitors and coaches enjoy each other more at the competition. There were no places for banqueting or celebrations. I felt that they did not promote friendship as much as they could have.

Thanks to the Federation for sending myself and Hartung to this World Cup.

WORLD CUP '80 (MEN) INDIVIDUAL RESULTS

Name	Team	Floor	Prest	Rings	Vault	P Bar	H Bar	Total
Makoto Sogami	JPN	10.08.600	10.08.600	10.08.750	2.9.750	10.08.600	1.0.600	32.650
Aarne Hyvonen	FIN	10.08.750	10.08.700	2.9.750	9.08.600	3.9.700	2.9.600	32.600
Gulyásik, Káll	HUN	10.08.700	2.9.700	4.08.600	14.08.450	5.9.600	2.9.600	32.600
Bronckhorst, Roelant	NED	10.08.650	2.9.650	7.08.600	1.0.600	17.08.350	10.08.600	42.050
Li, Yunfei	PRC	10.08.600	10.08.600	10.08.600	7.08.600	10.08.600	2.9.600	32.600
Nikolay, Michael	GDR	11.08.400	10.08.600	8.08.600	4.08.700	7.08.600	7.08.700	32.670
Kaneko, Toshiomi	JPN	10.08.700	9.08.600	4.08.600	19.08.250	14.08.450	2.9.600	32.650
Kaneyama, Hiroji	JPN	10.08.700	5.08.600	4.08.600	1.0.700	14.08.450	17.08.600	32.650
Donald, Francis	HUN	12.08.200	2.08.600	11.08.400	12.08.200	7.08.600	9.08.600	32.670
Tibek, Jim	TCH	11.08.850	10.08.180	5.08.800	4.08.300	7.08.600	10.08.400	32.670
Hartung, James	USA	10.08.300	5.08.600	11.08.450	7.08.600	3.9.700	10.08.200	31.97.5
Hoffman, Leif	GDR	20.08.150	11.08.550	10.08.600	9.08.600	12.08.600	2.9.600	32.66.5
Huang, Yunfei	PRC	10.08.500	10.08.500	9.08.600	10.08.500	5.9.600	12.08.600	32.650
Long, Warren	CAN	9.08.550	10.08.300	10.08.300	4.08.700	7.08.600	10.08.200	31.96.7
Glazkovsky, Gennadi	HUN	10.08.600	1.08.700	17.08.200	9.08.600	7.08.600	19.08.600	32.66.0
Boutard, Michel	FRA	10.08.300	2.08.600	10.08.200	17.08.300	15.08.300	14.08.300	31.99.2
Petkov, Petar	BUL	10.08.200	14.08.300	1.08.600	10.08.400	10.08.600	11.08.600	32.54.1
Chopatine, Jean	CAN	10.08.200	10.08.300	15.08.300	14.08.400	7.08.600	20.08.000	32.55.5
Jordanov, Gencho	BUL	10.08.200	10.08.400	17.08.200	25.08.900	25.08.900	6.0.700	32.65.8
Gaudet, Dany	CAN	10.08.200	20.08.500	20.08.600	17.08.350	14.08.450	16.08.000	32.54.5

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INITIAL INJURY MANAGEMENT: ICE

James G. Garrick, M.D.
Medical Advisor, USGF

The majority of gymnastics injuries—like those in virtually every other sport—occur at the least opportune times. Rather than happening during meets when physicians, trainers, or paramedics are often present, the injuries occur during workouts—in better than nine out of ten instances. In many cases, the severity of the injury and the ultimate length of disability are determined by the initial management and how rapidly it is employed. Thus it behoves the coach to be familiar with just what constitutes proper "initial treatment" because in all likelihood he or she will be the person who will have to carry it out.

The cornerstone of early injury management is ICE—ice, compression, and elevation. Although everyone in sports should be familiar with this concept it appears that in at least one-third of the cases it is ignored. Delay in instituting the ICE maxim for as little as 24 hours can mean additional days and sometimes weeks—of time lost from workouts.

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The medical principle behind icing is that cold results in vasoconstriction (i.e. narrowing the blood vessels) and thus less bleeding and swelling. Virtually every acute injury results in the tearing or rupture of small blood vessels. Left alone these vessels will continue to bleed until the pressure in the surrounding tissue reaches that within the vessels. In locations such as the ankle this can mean rather extensive bleeding. The combined use of ice and compression decreases the bleeding in two ways: by slowing blood flow through vasoconstriction from icing and by artificially increasing tissue pressure by compression.

Of course, once the bleeding has occurred the "golden period" for initial treatment has passed. This is not to say that ice and compression applied six or eight hours after the injury doesn't help, as indeed this treatment should be continued intermittently until the swelling has stopped (getting worse); however, the earlier the treatment is started, the more effective it will be.

Getting the cold to penetrate to the depth where the bleeding is occurring requires time—at least 20 minutes. Thus the ice should be applied for at least 20 to 30 minutes every three to four hours—usually for the first 24 hours following the injury. Between "icings" a compression wrap should be applied.

Cold is best applied in the form of crushed ice in a plastic bag. A single layer of a wet elastic wrap is applied, followed by the ice bag which is held in place firmly by the remainder of the wrap.

Crushed ice is not only the most effective means of applying cold but the cheapest as well. The chemical, "instant" ice packs do not usually last long enough to allow the cold to penetrate and, in addition, are appreciably more expensive. The re-usable gels that are kept in the freezer can cause burns because they become as cold as the freezer—usually well below 32° F. These can result in "ice-burns" (i.e. actual freezing of the skin) especially when held in place under any pressure.

Crushed ice also has the advantage of being readily available. Used refrigerators—with freezing compartment—are usually available at appliance stores or thrift or Goodwill stores—often for \$50 or less. With a refrigerator and ice trays available in the gym, all the components for proper initial injury management are at hand and can be used immediately after the occurrence of an injury.

While the immediate application of ice is perhaps most critical, continuing the treatment after the athlete leaves the gym is important as well. The gymnast (and parents) should be instructed in repeating the process every four (walking) hours. It is erroneous to assume that the emergency room or hospital will instruct the gymnast in the use of ice or compression as this is frequently not the case.

Finally, deciding which injuries should be treated with ICE should be no problem. ALL injuries should be initially treated in this manner. Later, after swelling has stabilized either heat or cold might be used in the treatment. Initially, however, the application of heat is rarely indicated whereas the application of cold is always appropriate.



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The Austrian Exhibition Tour

Ken Allen, Men's Gymnastics Coach

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Overall, I believe the trip was very successful. We demonstrated a high level of gymnastics, outstanding at times and not as outstanding as others. We showed people that we can have fun at gymnastics and that we do, in fact, enjoy what we do. Some of us even begin to learn to not get so upset with ourselves when we don't perform so well and to even smile when we feel a little hurt inside. I believe that, for the most part, we were very positive ambassadors for America and American gymnastics.

Throughout the trip we endured the usual hassles of travel very well. Our accommodation stops used a modern Vienna hotel, a beautiful dormitory in Linz, and a typical "small town in Austria" hotel in Vösendorf (near Graz). We had three very accommodating young people (aged 20-30), who are themselves involved in sport, showing us around Austria in their Volkswagen cars. Eric, Peter and Renate were invaluable to all of us and especially pleased to enjoy having to put up with us for the week. The last was Current Coaches, please forgive us!

The purpose of the tour was to promote the sport of gymnastics in Austria. We were told that the Austrian sports federation, WAT, put up \$100,000 to bring us and Eric Thomas to perform. There were also some political ramifications to our presence. Last year the Chinese performed a similar tour. Next year the Russians are being asked. And, in order to maintain an East-West balance, the Japanese are being considered for the following year. We performed to a crowd of 6000 in the Sporthalle in Vienna, a standing room only crowd of about 3000 in Linz, another standing room only crowd of about 2500 in Vösendorf and were well received by the people everywhere.

In Vienna, our performance was part of a big sports show which included roller skating, skateboarding, rhythmic gymnastics, young peoples' group performances, a mother-child gymnastics program and some old time mass exercise routines. The first hour of the Sunday afternoon show was being televised live and learned our gymnasts on the more exciting events. The overall coor-

dination of the show was pretty good but the combination of the TV people, the rigid time schedule, the language barrier, the non-gymnastically oriented crowd, and our preparations on the strange equipment produced a rather average performance on our part. We had worked out at the University of Vienna on Friday but it was just a "get-the-kinks-out" sort of session. At the Stadthalle, the training equipment we started out on the day before the performance included a parallel horse with one square and one round pommel, a set of P.E. parallel bars which were raised maximally to about shoulder height, etc. Brian Marker, the weather floor was set up but we had thirty minutes to work on it because all the other groups had to go through rehearsal, and then there were the old Reuther boards. We asked for better equipment and the organizers and workers were out of their way to accommodate us. As it was throughout the trip, it was never necessary to get upset at our hosts. The levels of organization differed but we were always sure that the Austrians wished to accommodate us.

Our experience at Linz was one of the most memorable I will ever have. The organization was magnificent. The facilities and equipment were excellent. Our only complaints could be directed toward the floor which was Reuther (the same at every stop) and this is only because we are used to working floors with a little more softness. From the tour manager to those who moved carts for us the people in Linz took personal interest in us all. The organizers were with us at every meal and made great efforts at getting to know all of us. In the two days we were there we were made to feel as though we were part of a very close family. Our performance reflected the feelings which were generated here. It was fantastic! We had very close to 100% hitting and the level of performance was very high. The audience was the most knowledgeable we had encountered as evidenced by their applause for exceptional virtuosity and high level skills. We were made to feel we could do no wrong.

We arrived in Vösendorf on Wednesday evening around 7:00 p.m. after having left Linz at 9:00 a.m. We did take a side trip up into the hills by Bad Mitterndorf but there was only enough snow on the slopes to slide down on our backs. There was a relatively short reception when we arrived and afterwards we went to the gym to look things over. That was about all we had energy for. The equipment was not as good as in Linz but we were learning to make adjustments well. By this time the effects of the entire trip were pretty well catching up with us. With the exception of a couple of hours of free time on Tuesday afternoon prior to the Linz exhibition, our time was filled with eating, training, sightseeing, shopping, socializing or travelling. I am sure everyone enjoyed all of what we were doing but it was exhausting. We checked into our quaint hotel with community bath and W.C. and most everyone hit the sack early.

Thursday was spent shopping, resting and making plans for our finale. By this time we were old hands in these business and were we ever getting geared up for the

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Austrian Exhibition Tour (Con't)

"higher end" of gymnastics. As hard as the guys and girls tried Thursday night they had a difficult time with their formal gymnastics routines. We decided to water down a bit in order to stay safe and put on a "clean" show. What we didn't succeed in doing gymnastically, we made up for in comedy. Brian Meeker and Suee Yaa Slyke did a rag team floor act with Brian doing the tumbling and Suee doing the dance. Then Mitch Gaylord and Sharon Shapiro teamed up on reverse roles. Mitch's makeup job was great. Brock Graggs did a bar routine with great style and Kirk Atkinson did a super uneven bars routine. Kelly McCay performed a set of giant swings on high bar and Lynn Leader did a good imitation of a man's parallel bar set. The people loved it and we had a great time doing it.

Before our tour started, I had high hopes of accomplishing something gymnastically during our training and exhibitions. Realistically, it was difficult at best to do more than maximum conditioning, provide him for getting the most out of different equipment, and provide a few cues for general improvement of performance. I thought that we try to do some compulsory work but it was not possible to approach this in an organized fashion. Some gymnasts did do compulsory parts and sets in some events and I did try to make some suggestions but it was very hit and miss.

Some of the adjustments we had to make included working the hard rubber floors at all stops. I didn't observe any more difficulty on takeoffs but might have on our own floor mats (not spring floors) but no one enjoyed the landings very well. They were hard and had a tendency to make the gymnast come out of their somersaulting skills a little early in anticipation of the landing. In Vienna, we were fortunate to be able to ask our hosts to place an additional thin layer on top of the rubber system. It just happened to be lying around. The pommel horses were always coated with leather and with one slippery exception were good to work. Our gymnasts had to work with their legs further apart than they are used to in order to clear the diagonal legs. Kungs was the weakest event for us throughout. We had none in Vienna. Lise was not bad but the leather straps caused some misfiring. In Yverneberg, we did not have as much height as we are used to and Tom Hardin could not work. The other guys had troubles with the straps, moves which did not turn well and dismounts which were a little short. The parallel bars were generally stiffer than ours and one set was rather "fat." Everyone's running had to be more precise and they had to "work" the bars a little harder than usual. The horizontal bars we worked also seemed a little stiffer but the problems in adjusting were minimal. The landing mat situation left a lot to be desired. We either had bags (12" or more) which made landing safe but unnecessary or there were 4"-6" mats which had to be constantly moved around from men's to women's events because there were only two at the first two sites and none at the last. It was always possible to create a safe situation and for that we were grateful. All of us felt very relieved that we received no injuries on the entire tour.

The gymnasts were, without exception, very well conditioned. They were a mature group of "guys" who handled

themselves in an exemplary fashion. They were receptive to suggestions both in and out of the training situation and offered suggestions in a very positive fashion as well. As a group, we seemed to be guilty, occasionally, of expecting someone else to pick up after us—perhaps part of the American way of life. I think it is something we need to be more sensitive to especially when traveling to other countries. Also, I would suggest that all gymnasts work at developing a checklist of things to carry with them and go over that list prior to departing for any trip of competition, exhibition, etc. There were occasions when important items were left behind.

Brock Graggs provided us with steady performances and a tremendous amount of levity throughout the trip. He possesses good leadership qualities and is well respected by his teammates. We left all exhibitions and all events with Kirk Atkinson, the only junior with us. He usually got us off to a good start and his floor exercise was particularly powerful. Carlos Spivey was the only gymnast I did not know or had not worked with before the trip and, admittedly, I initially under-rated him. As it turns out, I find him to be one heck of an all-around man. He is very dynamic on floor and vault, swings extremely aggressively on pommels and parallel bars, has impressive strength on rings, swings well on bar, and does great come impressions on long trapezium bar. But his star from UCLA, Mitch Gaylord, was another exciting gymnast, with us—definitely an up and coming star. Mitch performed well and was particularly exciting for all to watch on horizontal bar. I think everyone was always around at Tom Hardin—how big he was and yet how strong and powerful he was on all events. His big mouth smile went a long way in endearing us to the audience. Brian Meeker was like a grasshopper—always full of energy no matter what the conditions or how he felt. He took the initiative to lead warmups most of the time, never complained about any adverse conditions and treated the crowds with his tumbling and pommel horse work in particular. I hope you will get the impression that this was a great group of guys to be with.

I believe we all felt that it was a very positive trip. We projected a very positive image for the sport of gymnastics. We learned about a nation from another point of the world and in the process I hope, a little about ourselves. We all got to know each other better and I think that will help all of us in future training and competitive situations.

There are always many people to be grateful to for such a great experience. We all owe a great deal of thanks to Ruth Kenney and Gym Kim for providing us with warmups. Because some assignments for this trip were made at the last minute, Gym Kim had a major task in coming up with the warmups. Ruth Kenney drove to Kennedy Airport and made site we had everything. I am not sure there are too many companies that would provide this type of service. Bob Kreutzer was our Chef of Mission and this was my first opportunity to meet this great lady. She epitomized the spirit of cooperation and was a great ambassador for us. Es lebet mich sie kennen zu lernen, Bob.

The Shoulder Impingement Syndrome in Gymnasts

Neal C. Small, M.D.

Shoulder pain in gymnasts is a frequent cause of lost practice and competition time. Recently in orthopedics and sports medicine we have been able to define specific causes of painful shoulders in athletes. Previously these problems were labeled as bursitis or tendinitis or perhaps even muscle pulls. One of the problems which has been found to be quite common in the athlete whose activities require repetitive overhead use of the arm is the impingement syndrome of the shoulder. It is seen quite frequently in sports other than gymnastics such as in pitchers, quarterbacks, tennis players and swimmers (particularly those who swim the freestyle or butterfly).

In gymnastics, unusual activities seem to be associated with a relatively high incidence of shoulder pain. In male gymnasts performing on the rings, the inelastic manner seems to be associated with an increased incidence of shoulder pain. In both men and women, the eagle grip also seems to be a frequent cause of shoulder pain. In using the eagle grip during routines on the high bar for men and the uneven parallel bars for women, a rotational arc of virtually 360° is achieved. The first 180° of this arc is elbow pronation beginning at the position of full supination. The other 180° of this arc is open (internal) rotation of the shoulder which is in the fully abducted position (i.e., fully overhead).

The position of abduction (overhead), forward flexion and internal rotation of the shoulder has been shown to cause impingement of the greater tuberosity of the humerus against the coracromial ligament and the underneath surface of the acromion. Figure 1 shows the pertinent anatomic structures necessary for understanding the impingement syndrome. Figure 2 shows a gymnast on the rings with the shoulder in the position of maximal impingement of the proximal humerus against the coracromial arch. In addition, the biceps tendon has been shown to impinge against the coracromial arch in this same position. Recent work has shown that there are areas in both the supraspinatus tendon and in the biceps tendon which have inadequate blood supplies and are rather prone to develop inflammation and later degenerative tears as a result of this impingement. If allowed to persist, the degenerative changes may progress to ruptures either in the supraspinatus portion of the rotator cuff or the biceps tendon.

The symptoms of the impingement syndrome areaching in the shoulder after practice or perhaps even after a special routine during the practice season. When the pain becomes noticeable during the routine, then performer is obviously affected. The findings on the physical exam are well known to orthopedic surgeons seeing athletic injuries.

The prevention of a shoulder impingement syndrome is important knowledge for all gymnastic coaches. Careful warming and stretching exercises are important prior to any workout. These exercises must include range of shoulder motion in all arcs for a minimum of 2 minutes. In an athlete who has experienced shoulder pain of the impingement type in the past, the shoulder should be warmed with a hot moist towel, hydrocollloid pack, or even a heating pad prior to the warmup. A neoprene rubber shoulder sleeve may be helpful if worn during the workout. This device provides constant heat to the shoulder by retaining body heat during the training session. Following the workout the shoulder should be iced with an ice pack for 10 minutes. This diminishes the inflammatory reaction.

If there has been no response to these simple methods of treatment which can be initiated by the coach or trainer, then physician intervention is necessary. A short course of oral anti-inflammatory agents may relieve the symptoms. Some patients may require an injection in the area of impingement to reduce tissue swelling, hence lessening the impingement. In rare cases no response to the above measures occurs and surgery is considered. In some cases merely a simple surgical release of the coracromial ligament is necessary, while in others additional corrective surgery is required to relieve the impingement.

Figure 1

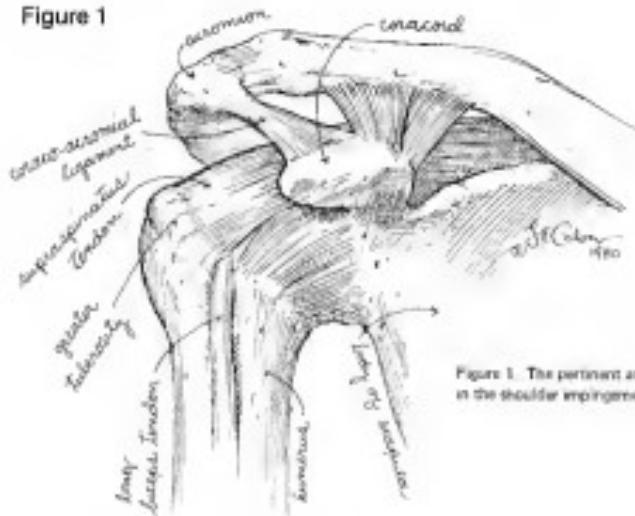


Figure 1. The pertinent anatomical structures involved in the shoulder impingement syndrome are shown.

Figure 2



Figure 2. The impingement of the greater tuberosity and supraspinatus against the acromion and coraco-acromial ligament is illustrated by this gymnast performing on the rings.

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The Second European Championships

Modern Rhythmic Gymnastics

Hana Christie

The Second European Championships in MRG were held Oct. 24-25-26, 1986 in Amsterdam. There were 42 competitors from 21 countries in the individual competition and 15 countries participated in the group events.

The individual competition consisted of 4 events: rope, hoop, ribbon and clubs. The groups performed with 3 balls and 3 ribbons.

The strongest team that year came from Bulgaria and won all the first places. The winner of all-around and the finals with rope, hoop and clubs was Blanka Rieva. Her placement was well deserved. She combines perfect physical disposition with good technique of apparatus. Her routines are exciting, full of speed and high turns. She looked confident and went through the entire competition without major mistakes.

Second place in all-around went to Elena Ignatova. This 16-year-old Bulgarian became a new star in the world of MRG. We had the opportunity to see her in March in the Czech Invitational meet when she won the all-around after placing 10th in the same competition just one year before. She now has the potential to challenge the best.

The Russian star Elena Tomas, well remembered from the last World Championships in London, and also Irina Lissovitska. Elena's routines were marred by several mistakes which deprived her of a better score, while Irina, originally a substitute, displayed a lot of talent in her elegant performance.

Danica Bosanska from Czechoslovakia won a bronze medal with her rope. However, when the judges placed her 4th for her brilliant club routine, the storm of protest from the near-capacity crowd resulted in a serious delay of the proceedings. The second Czech competitor, Zuzana Zavrska, with well received hoop and rope routines, placed 5th and 6th in these events.

Representing the Western European countries in the finals were Carmen Pucher and Regina Weber from West Germany; Susanna Mendizabal and Sonia Conde from Spain; Marcella Agnolucci from Italy and Joie De Boer from Holland. These girls proved that the gap between West and East European countries in MRG is finally disappearing.

The group competitions were the ones we were most anxious to see. The new combination of 3 ribbons and 3 balls offers the opportunity for a lot of creative choreography. We saw some interesting combinations in almost every routine. First place went to the Bulgarian team for the best composition with unusual formations and exchanges executed with a high degree of precision. The Russian routine was different than the one we used to see at the previous World Championships. It did not have the almost absolute unity at before, but the choreography and formations were more interesting. The Czechoslovakians, who won the bronze medal, had a well balanced routine

and very good original music. But the two performances I saw were marked with minor mistakes. The East German routine was "playful" and at the same time harmonious. The Norwegians impressed me with very artistic work with the apparatus and an overall feeling for the group. The Hungarian routine had interesting elements when one girl worked with 3 ribbons & 3 balls. Going down the list I could notice something original in each composition, but the execution just simply disclosed insufficient practice time. I believe that after this experience the teams will concentrate even more on flawless execution and that at the 1986 World Championships we will see a very close competition.

Results:

Rope	1. I. Rieva 19.60 2. E. Tomas 19.55 3. D. Bosanska 19.20 4. I. Lissovitska 18.15 5. L. Ignatova 18.05 6. Z. Zavrska 18.05 7. C. Richter 18.00 8. R. Weber 18.00	Clubs	1. I. Rieva 18.60 2. L. Ignatova 18.50 3. I. Lissovitska 18.40 4. D. Bosanska 18.30 5. E. Tomas 18.30 6. S. Mendizabal 18.00 7. C. Richter 18.00 8. R. Weber 18.00
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Hoop	1. I. Rieva 18.70 2. L. Ignatova 18.45 3. C. Richter 18.15 4. I. Lissovitska 18.05 5. Z. Zavrska 18.00 6. S. Conde 18.00 7. M. Agnolucci 18.50 8. R. Weber 18.45	Ribbon	1. L. Ignatova 18.80 2. I. Rieva 18.50 3. I. Lissovitska 18.30 4. S. Mendizabal 18.30 5. S. Conde 18.30 6. J. De Boer 18.75 7. C. Richter 18.65 8. M. Agnolucci 18.60
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Groups	1. Bulgaria 38.300 2. USSR 38.475 3. Czechoslovakia 37.875 4. Hungary 36.300 5. East Germany 36.000 6. Poland 36.240 7. Norway 35.025 8. Spain 36.025
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National Awards System

Linda Chencinski

Women's Committee, Chairman

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The USGF Eagle Logo is on the face of each medal. The State and Regional awards are 2", the East/West Championships and Junior Olympic Nationals are 1 1/4" and the Elite awards are 3". The reverse of each medal indicates the specific event as follows:

Class I, II or III State Championships, Junior Olympic Regional Championships, Junior Olympic East/West Championships, Junior Olympic Elite Championships
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The medals for State and Regional meets will be paid for by the Meet Directors until such time that the USGF can secure a sponsor. All Meet Directors are encouraged to find individual medal sponsors.

The medals for State and Regional Meets may be ordered with the following options:

- 1 \$8.10 basic medal (1, 3rd place)
- \$5.60 2nd place nickel silver medal
- 2 \$1.00 Neck Ribbon for presentation
- 3 \$.55 Engraving—includes Place - 1st Event - Balance Beam Division - Children
- 4 \$2.25 - 1 1/4" bronze medal on drage for 7-10th place
- \$.40 Engraving

Therefore, the Meet Director may decide to give only a medal, or a medal presented on a neck ribbon, or the medal with neck ribbon and engraving. Each item can be ordered separately. If the Meet Director orders more awards than needed, he may return them to the Regional Chairman for reimbursement. Only Metallic medals may be presented for State Meets and above.

The Junior Olympic Committee has established the following guidelines for presentation of awards:

- When there is only 1 gymnast in a division:
 - Award 1st place All-Around only
- When there are 2-4 gymnasts in a division:
 - Award 1-3rd Place All-Around and 1st Place each Event
- When there are 5-15 gymnasts in a division:
 - Award 1-3rd Place All 5 Events
- When there are 16-30 gymnasts in a division:
 - Award 1-6th Place All 5 Events
- When there are 31 or more gymnasts in a division:
 - Award 1-10th Places All 5 Events

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Official Guidelines for Practice Judging in Women's Gymnastics

Varina French Certification Coordinator

Acknowledgement

Thank you to Mary Van Grunsen for submitting the basic plan to the Joint Certification Committee.

- PURPOSE:** (1) To improve the knowledge of the judge in the application of the rules and officiating of the sport through a fair and consistent experience for all practice judging.
(2) To prepare the judge to become a higher rated official without disrupting the efficiency of the meet.

Once a judge has an senior rating, he/she must meet the requirement of the certification committee for practice judging by following the procedures listed.

1. Notify state NWGJ Chairman of availability to practice at selected meets before the day of the meet he/she is requesting to practice judge. Showing up the day of the meet and requesting to practice judge, can, and in most cases will, receive a denial. Do not contact the meet director directly.
2. The assigning official will check with the meet director as to the availability of practice judges at that meet and will inform the practice judge of the decision. Ideally this should be done early in the gymnastic season.
3. The meet director has **NO** responsibility to the practice judge. The practice judge assumes responsibility for his/her own travel, lodging and food and is not paid for his/her expenses.
4. Practice judge must wear the official uniform if he/she possesses one, or an appropriate dress code set by the state.
5. The practice judge must come to the meet with all necessary supplies (paper, clipboard, pencil), be on time, and receive directions from the meet referee and/or head judge. The meet referee and/or head judge will conference with the practice judge prior to the start of the meet so that placement on the floor can be assigned.
6. The practice judge must judge all sessions on a given day of competition, i.e. if a meet consists of three sessions the judge must practice at all three sessions. If a two day meet, the judge will record two judging experiences. A judge may move to a different event each new session of rotation.
7. One practice is preferred in dual and triangular meets, however two may be assigned due to geographical location at the discretion of the assigning official. Only one practice judge per event will be allowed at larger meets.
8. a. Class I judges must practice judge with an elite judge at a Class II meet as a meet referee or head judge.
b. Class II judges must practice judge with a Class I judge at a Class I or higher meet.

- c. Class III judges must practice judge with a Class II or Class I judge at a Class II meet.
9. Class III judges will not practice at a Class I meet without prior consent from the state judging chairman.
10. Compulsory or Optional meets are acceptable.
11. Practice judging of a meet where you are a coach or relative of a participating gymnast is not permissible.
12. If a location problem occurs, contact your state judging director for other assignments.
13. Specifically the practice judge shall:
 - a. sit with the head judge of assigned event at assigned seat or place on the floor.
 - b. judge every routine and record the score.
 - c. make motions, direct any questions to the head judge after the completion of the session.
 - d. enter confederations but refrain from any comments, also refrain from relaying any confederate information to anyone.
 - e. act in a professional and ethical manner throughout the meet.

NOTE

It is highly recommended that the Class I judge assume leadership responsibilities in their region by running educational clinics/workshops and further to set high ethical standards for all other judges.

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World Cup '80—Maxi-Judges Games

To Promote an open Forum for gymnastics Articles, the USGF will carry articles from responsible contributors. They in no way reflect the opinion or position of the USGF.

Roger Crouse
Executive Director

Dave Neilson

"Imagine . . .
It's easy if you try
Imagine
There are no countries
Imagine
No need for greed
Imagine all the people
Sharing all the world . . ."
—John Lennon

Imagine in your mind a personal concept of a top-notch, world-class female gymnast. Imagine her small, slightly under 5' tall, excellent strength-to-weight ratio—her frame and muscular development as natural, healthy proportions . . . aesthetically pleasing. Imagine she carries herself with the posture and basics of a talented student of ballet. Imagine she can work bars without a peer, vault and work beam with the best in the world, and she can tumble . . . oh, how she can tumble! Imagine her hard-working, maybe even dedicated to a fault, her basics complemented by superb position—form with great technical fluidity, and the complete with uncircled CONSISTANCY!!

Imagine in the last year of international AA competition she has had 12 for 12 at the World Championships in Ft. Worth . . . 12 for 12 at the Olympics in Moscow . . . and again 4 for 4 at World Cup in Toronto . . . consistency matched by no one at her difficulty level.

Her bars—unquestionably the world's finest . . . ALL casts, free-hops, saltolets, and back-uprise done exactly to MANDSTAND—with a free-hip to front with a 1/2 dismount above the bar, open-tuck, and a feather landing. Yet, in Ft. Worth the AA champion was Nelli Kim—who had a four routine which resembled a compulsory. We love ya Nelli, but . . .

Her floor—and let's concentrate here on just tumbling—mounts with full-in back out, 2nd pass a just a triple-half, and the dismount is a surk double back. However, the AA winner in Moscow, Davydova, mounted and dismounted with double-halves on each pass.

Her beam—masterfully designed, a fluid routine with high tumbling and dance flowing together. The dismount—a fully completed round-off double-return—set-up for height and rotation before beginning the twist. And in Toronto, last place in World Cup's optional—only AA competition were to the Soviet Union's Svetlana Zakharova. That's right folks . . . Svetlana, another "McKeevin" variety. Svetlana had more form breaks in one beam routine than Maxi Gresack had in 3 international competitions . . . at least 28 straight rotations. Zakharova scored 9.9 on floor with obvious form deductions in tumbling, and her dance . . . well it looked more "like she was signalling, trying to park a car."

Guest Opinion

Once again—this time in Toronto at World Cup '80, East Germany's Maxi Gresack—the world's finest female gymnast since Montreal—took her 3rd-straight silver medal at the AA competition. She has been the top gymnast in Ft. Worth, Moscow and also at Toronto. The official meet results as read in Toronto's Saturday paper were: AA Champion Svetlana Zakharova, 2nd - Maxi, 3rd - GDR's Svetlana Kraker and in 4th - China's Zheng Zhu.

However, a true picture of the results for the women's gymnastics competition were: Maxi in 1st, Zhu in 2nd, 3rd was Kraker and 4th was Elena Naumishina from the Soviet Union. One remembers back to the summer of '76 when Nadia's dominating victories brought cover stories from SPORTS ILLUSTRATED, TIME and NEWSWEEK, as well as all periodicals from within the gymnastics world. We suppose Maxi has little need for such personal adulation . . . but can folks at least let her win, maybe just once . . . she is, after all, only the best today . . .

But alas, how can one merely point to Maxi. Again, the judges—these international gooms—captioned, prodded, brain-washed, paid-off or corrupted—did a horrible job, an injustice to the competitors and coaches, as well as the audience. For China's Zheng Zhu, they kept her down in the AA (4th officially) but also had the gall to keep her out of event finals on perhaps her 2 best events—beam and floor. Zhu's poetically precise ballet on beam and floor are simply clinics on dance in gymnastics. Her beam tumbling—round-off, lay-out air-pivot and dismount cartwheel back, back to bounding kick-fold—with precision. And her floor music was hypnotic; artistic gymnastics' true inner soul is never felt more than by watching Zhu combine her ballistic grace and triple-full highlight-tumbling performed in fully orchestrated ornamental music with a slow tempo, alto-violin lead-in . . . making one feel they were watching a classic painter's canvas come to life . . .

Remember, neither routine made finals on Sunday night (top 8), and her beam was the first in the competition—both routines scored 9.45 . . . obviously the judges were again using their copy of the "Mystery Supplement" to interpret the '80 FIG Code.

Actually, the most unfortunate part of this international competition was there were only 40 gymnasts total in the men's and women's competition. At our last major international meet in Ft. Worth the gymnasts, seated together in their end-zone seats at TCCC and feeling strength in numbers, combined their vocal efforts to let the judges know, as least, how they . . . the world's finest gymnasts felt . . . about the obvious judging nail-rodding which fell upon some top gymnasts. However, without this mass unity of gymnasts in Toronto, this responsibility became that of the audience. Yet, only a few isolated voices rose from the crowd in defense of a crushed gymnast. We walked at first, trying to agitate the folks seated around us with a little verbal "trash-tubing" upon these judge(s), but finally without crowd support our effort was reduced to snatched laughter, a feeling of "well, the meet results are worthless, the judges blew the lid off this

Continued p. 21

1980

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World Cup '80—Maxi-Judges Games

one, too!" — And a dedication to write and report our results of the competition seeing anyone who would read, verbatim, the next result would be reading a pack of lies.

In this confusing Olympic and political year, the men's format for World Cup '80—although described differently from each source—went something along these lines: the competing gymnasts were selected by the FIG from the final AA standings at the '79 World Championships in Fl. Wroclaw and/or '80 Olympics in Moscow. 20 male and 23 female gymnasts competed in Toronto; however, 8 men and 11 women who placed top 20 in either competition (many who were multiple-medal winners) withdrew for various reasons. These replacements were either another representative from that particular country or else was filled with a national team member from Canada.

The World Cup is an AA optional-only competition designed and sponsored by the FIG, supposed to highlight the world's top 20 individual gymnasts rather than nations. However, at the least 5 year history now, we find one nation alone has totally dominated the competition. Previous host sites have been: London-'75, Oviedo, Spain-'77, San Paulo, Brazil-'78, and Tokyo-'79 and the former AA winners, all Russians, include Tsvetkova, 2 time winner Andrianov, Dzinat, Filatova and now Zakharova, plus this year's new men's champion, Bogdan Makutis.

The meet format was run in a 3 day style. Friday night featured the men's AA competition. Saturday night the women's AA and on Sunday 2 competitions were held, men's event finals in the afternoon followed by the women's finals that evening. In each competition only one competitor performed at a time allowing the audience a relaxed state of mind to watch all the gymnasts.

The equipment was supplied by Spieh-Anderson of Canada. However, even though the color scheme was pleasant, the equipment itself seemed less than world-class. For example: the landing mats were too firm/hard for today's standards of difficult dismounts. Also, many of these landing mats were loose, sometimes sliding around, causing most than one gymnast to falter 3 to 5 ft on dismounts, to say nothing of safety. This problem was corrected with some tape for the final day of competition. The vaulting board, clearly out-dated for today's difficulty and again in turn, safety—was wood (Bhiseer) with a padded top, and the vaulting runway moved too much for proper traction. Also, the floor pad appeared to rebound unevenly and scales and handstands seemed impossible.

We heard also Edward Aszkenas (USA) was "boycouting" when tumbling on the floor mat. But this is certainly no fault of Spieh-Anderson, that's for sure. The size of the Russian men continues to be amazing. Aszkenas, Shilman, Markelov and Andrianov, is no little one. And the East Germans are also brutes—Bruckner, Hoffmann and Nishikubo. We figure the Eastern Europeans are using one of two philosophies. Either they believe a larger body mass will create more force—and with increased body strength to handle this greater force—stacking them to achieve a greater degree of difficulty—or they are running an end-around, claiming the equipment (rings, high bars, p-bars and vault) "must be raised 6" to a foot or more" above today's FIG minimums so their gymnasts may "safely compete." Yet once the equipment is raised look for the Russian men's team body-type to be a cloned copy

of that of Mr. Li from China, thus all their gymnasts, though having a rough time on PH, will have an extra foot or more of air to flip and twist like mad. And, of course, when the Russian team changes—a couple weeks prior to LA '84—no one else will know, least of all the East Germans who backed the Russians to the hilt.

In the men's competition, as in the women's, the AA title was won by a Russian, Bogdan Makutis. However, unlike women's AA champion, Makutis earned and deserved the victory. Officially, he was followed by Aszkenas (USSR) in and Gashiken (Japan) in 3rd. Yet, perhaps only by details did the Russian win, for every other competitor had at least one major break—Makutis was the only one who went 6 for 8. Even though missing from the world's top 20 men were: Comer and Thomas (USA), Tkachew, Andrianov, and Dzinat (USSR), Deitcher (Bulgaria), Kovacs (Hungary), and Phillip DeLausse (Canada); good competition and top gymnasts came from Li and Huang (China) and Gashiken, Nishikubo and Kopyama (Japan).

In warm-ups we noted that Kopyama and Makutis could be considered the best trained for the competition, but during the competition it became obvious the vapor would be the most consistent. Li and Huang both missed on PH-Li on back-moist mount and Huang on a tuck at the end of "the finest home-work there." Bruckner missed high bar. Gashiken and Kopyama missed p-bars. Nishikubo missed Vaulting. Jim Hartung, the USA's only competitor in Toronto, also had a bad meet—finishing in 11th and scratching from even final due to a dulcetated thumb, injured Friday night during FX (but 1st round). Too bad, for it was just the right type of international competition for him to show in.

With so many misses in the AA competition, this helped to mask the "judging game." Last Friday night a friendly "rehearsal-party" made up of western coaches, judges and officials, convened the Cheesecake Inn looking to surprise and surround any eastern block judge they could locate. Is the judging was a battle out of fire and perhaps some kind criticism over drinks with close friends—colleagues, you know—might help persuade these judges (friends) to take more notice of the gymnasts on the platform...and to all this political crap?

In the men's event finals, these judges couldn't hide an Enigma for HB, on each event the man who finished 2nd, should have won—Bruckner and Li are both great performers, but Li had Bruckner whipped in originally and should have won despite a solidified score in the first competition. Bruckner was home somehow over Gashiken or Nishikubo—without Huang in finals the Japanese men did distance all on PH. Nishikubo's swing work on rings clearly made him the favorite, but Makutis and Huang were champions. And Aszkenas won p-bars despite a great routine by Li. It is hard to figure how Nishikubo placed so in the event finals, high in FX and V, probably won PH-B/PB, won HB all with the same routines and consistency, and he didn't make top 3 in the AA Friday night—or is it so hard...

In fairness to the women judges with the AA competition over, they were right on 3 out of 4 champions in the women's event finals: Mao won both bars and FX, and Strila was a world-beater in vaulting. However, even though Elena Naumashina did a flawless beam act, Zhu

Continued p. 23

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World Cup '80—Maxi-Judges Games

won kept from finals of the event entirely—and her dance on beam is so nice...

Women's Highlights: Other top female gymnasts on hand for World Cup were, Maria Filatova (USSR), Svetlana Eteric and Grigorech (Romania), and Katharina Krebsch (DDR). Missing from the top 10 were, Nadia Comaneci, Melita Ruhn, and Radiera Bruska (Romania), Natalia Shaposhnikova, Nelli Kim and Yelena Pyler, Marcia Fredrick and Suzy Kellums (USA)—Team: the East Germans 1-2-3 (Graur, Kraker, Krebsch look great, while gymnasts in 4-5-6 could mean top team. Both Kraker had a superb arm impression to have a great career...and Renoldsen, FX and V were strong, free-hip/floor presence (spin on one axis as the free-hip opened which she completed at handstand!) / The Czechs (Lubarskova, Marekova, Zemanova) with Coma look stronger than in Ft. Worth / It doesn't look as the "wonder children" of and Hungary will develop as they had hoped, and the Russians appear in a transition year and are harder to define / Grigorech is a coltish addition to a veteran Romanian team—Individually Grigorech open neck front N on beam and run to double from dismount were original despite her "cowboy" on the dismount / every finals competitor on bars split their leg on all cast handstands / Nemashina FX included Russian folk music and dance mixed well with transnational tumbling movements / whereas Romania's FX was fragmented, the younger gymnasts dance is closer to "gymnastics movement education" while the older gymnasts progress through classical to jazz—Generally, the vaulting definitions, values and/or the judges are out of control, probably both.

Men's Highlights: Individually the highlight of the meet was Yue Jie Li from China. His FX, double rwing-somersault back and side-on front (W) are wow! / Gashokers PH, especially body position no one person (I-Russian down-hill), and his kip-on rings = V + / Makuts did a little dance (2) on FX which made no sense / on rings the Russians continue to set the traps on their L's, presses and handstands / the Japanese work on PB continues to be the definition of the name, and they even reverse hecht PBs—Team: the Russians continue to be impressive with their difficulty and consistency, but their technique, form and acrobaticity are mighty big cards to throw away, then for the East / all 5 Japanese and Chinese men looked dynamic!—And too bad Ron Galloren wasn't there.

After reviewing our film of the competition, our negative feelings were indeed punctuated. We purposely took films of those we considered well, who had something to offer. Not even in one clip of footage did either AA champion—Makuts and Zakharovs—appear.

Now all fans of football recognize a touchdown. All basketball fans know the meaning of a home run, and those who enjoy basketball can feel the significance of a "wham-bam-in-your-face-Sam-jam"—yet, being involved lifelong in gymnastics, I don't know what these judges are doing down there! The international judging scene makes our domestic problem seem marginal. To me there has always been one basic philosophy which judging should be based upon, yet in either code or any judging clinic I've attended—well, not once has it been mentioned. The basic purpose of each judge is not the score, but that

best gymnast that day places first, the 2nd best places 2nd so forth. Whether they score 9.8 or 9.0 is not relative, but correctness in placement is. Too many rules and regulations, too many numbers, too many calculations and interpretations—all needed with split-second decision making accuracy. Not even on film can folks agree or even come in "range."

To judge these days one needs the knowledge of a gymnast, a coach, a kinesiologist, a politican, a mathematician, a stenographer, plus have the recall capabilities of highly programmed computer—not to mention perfect 20-20 vision. These qualifications are awesome, but the sport of gymnastic matches along this same path year after year all the while the fans are confused, the gymnast and coaches are confused, too much. So we play a simpler game...politics. It is no wonder there talk of separation—a split in the FIG into eastern and western blocks. But, perhaps a sort of "constitutional convention" called by FIG to re-work and re-write the sports guidelines and specifics could head off this FIG civil war. Gymnastics has progressed too far, and there is a media spotlight—don't blow it now...

"Freighter..."

You may say I'm a dreamer
But I'm not the only one
I hope someday you'll join us
And the world will be one

—John Lennon



gymnastics in action
International, June 1980

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Caesars Palace Invitational

Francis Allen

The 2nd Caesars Palace Invitational was more of a success than the year before. Thanks to the Nissen Equipment Company for supplying the fine equipment.

Barney won the all around with a 97.2 which was outstanding, particularly for this time of the year. I have yet to see the HBO showing of the Invitational, but

understand it came off real well and should do a lot to promote gymnastics in the United States.

My particular opinion on having the invitational again next year is that, as I said before, it does help promote gymnastics and we need more of this kind of publicity than Caesars Palace offers us.

FLOOR EXERCISE

	1	2	3	4	Avg.	Place
Jim Hartung	9.20	9.30	9.10	9.40	9.30	5T
Chris Regal	9.30	9.10	9.20	9.20	9.20	2T
Waltzke Miller	9.30	9.20	9.10	9.30	9.20	2T
Dennis Hayden	9.30	9.30	9.30	9.18	9.30	8T
Ron Galmire	9.30	9.50	9.50	9.50	9.35	1st
Jim Mikus	9.10	9.30	9.20	9.10	9.15	10th
Matt Biespiel	9.30	9.30	9.10	9.30	9.30	4T
Carl Antonovich	9.10	9.30	9.10	9.20	9.15	11th
Phil Gahoy	9.30	9.10	9.20	9.30	9.20	5th
Mario McCollum	9.30	9.40	9.50	9.40	9.35	6th
Bart Conner	9.40	9.30	9.40	9.40	9.40	1st

VAULTING

	1	2	3	4	Avg.	Place
Matt Biespiel	9.20	9.10	9.00	9.20	9.15	10th
Carl Antonovich	9.20	9.20	9.00	9.40	9.15	9th T
Phil Gahoy	9.20	9.20	9.10	9.30	9.20	8th
Mario McCollum	9.30	9.40	9.40	9.40	9.40	5th
Bart Conner	9.30	9.70	9.60	9.60	9.60	2nd
Chris Regal	9.30	9.70	9.60	9.70	9.70	3rd
Jim Hartung	9.40	9.50	9.50	9.60	9.50	4th
Dennis Hayden	9.50	9.50	9.50	9.50	9.50	5th
Waltzke Miller	9.40	9.50	9.50	9.50	9.50	6th
Jim Mikus	9.50	9.50	9.50	9.50	9.50	11th
Ron Galmire	9.50	9.50	9.50	9.50	9.50	1st

POMMEL HORSE

	1	2	3	4	Avg.	Place
Waltzke Miller	9.30	9.50	9.50	9.20	9.30	8th
Dennis Hayden	9.30	9.50	9.50	9.30	9.35	7th
Ron Galmire	9.30	9.50	9.50	9.50	9.35	9th
Jim Mikus	9.30	9.50	9.10	9.20	9.15	11th
Matt Biespiel	9.30	9.50	9.50	9.50	9.35	10th
Carl Antonovich	9.30	9.50	9.50	9.50	9.35	10th
Phil Gahoy	9.30	9.50	9.50	9.50	9.35	10th
Mario McCollum	9.30	9.50	9.50	9.50	9.35	10th
Chris Regal	9.30	9.50	9.50	9.50	9.35	10th
Jim Hartung	9.30	9.50	9.50	9.50	9.35	10th

PARALLEL BARS

	1	2	3	4	Avg.	Place
Phil Gahoy	9.40	9.40	9.50	9.40	9.40	3rd T
Mario McCollum	9.20	9.20	9.20	9.40	9.25	6th T
Chris Regal	9.20	9.20	9.30	9.30	9.20	9th
Jim Hartung	9.20	9.20	9.40	9.60	9.40	2nd T
Dennis Hayden	9.40	9.50	9.50	9.50	9.50	3rd
Waltzke Miller	9.20	9.30	9.10	9.30	9.20	6th T
Jim Mikus	9.40	9.50	9.40	9.50	9.45	5th
Ron Galmire	9.40	9.40	9.40	9.40	9.40	4th
Carl Antonovich	9.10	7.60	7.60	7.60	7.60	9th
Matt Biespiel	7.20	7.60	7.60	7.60	7.45	10th

STILL RINGS

	1	2	3	4	Avg.	Place
Ron Galmire	9.30	9.60	9.30	9.40	9.45	2nd T
Jim Mikus	9.10	9.30	9.30	9.20	9.15	7th
Matt Biespiel	7.80	7.90	7.70	7.50	7.80	10th
Carl Antonovich	9.30	9.50	9.50	9.50	9.50	1st
Phil Gahoy	9.30	9.50	9.50	9.50	9.50	1st
Mario McCollum	9.40	9.50	9.40	9.50	9.45	2nd T
Chris Regal	9.30	9.50	9.50	9.50	9.50	1st
Jim Hartung	9.30	9.50	9.50	9.50	9.50	1st
Dennis Hayden	9.30	9.50	9.50	9.50	9.50	1st
Waltzke Miller	9.30	9.40	9.10	9.20	9.20	8th

HORIZONTAL BAR

	1	2	3	4	Avg.	Place
Chris Regal	9.60	9.80	9.60	9.60	9.65	7th
Jim Hartung	9.60	9.50	9.60	9.60	9.55	10th
Dennis Hayden	9.40	9.40	9.40	9.40	9.40	10th
Waltzke Miller	9.30	9.30	9.10	9.40	9.20	2nd T
Jim Mikus	9.30	9.30	9.30	9.30	9.30	2nd T
Ron Galmire	9.30	9.30	9.30	9.30	9.30	2nd T
Carl Antonovich	7.60	7.70	7.60	7.60	7.70	10th
Matt Biespiel	9.40	9.40	9.50	9.40	9.45	4th T
Mario McCollum	9.40	9.40	9.40	9.40	9.40	4th T
Phil Gahoy	9.50	9.50	9.50	9.50	9.50	2nd T

SECOND CAESARS PALACE INVITATIONAL

ALL AROUND EVENT

	Fl Ex	Footl	Rings	Vault	Per Bar	Hor. Bar	Total	Place
Carl Antonovich	9.65	9.65	9.00	9.10	7.80	7.70	51.65	8th
Matt Biespiel	9.30	7.50	7.40	9.10	7.10	9.40	49.80	—10th
Phil Gahoy	9.20	9.50	9.45	9.20	9.45	9.50	56.20	2nd T
Bart Conner	9.40							11th
Ron Galmire	9.35	9.35	9.45	9.30	9.45	9.30	56.25	8th
Jim Hartung	9.30	9.65	9.70	9.35	9.45	9.55	57.25	1st
Dennis Hayden	9.15	9.50	9.30	9.40	9.35	9.40	54.40	6th
Mario McCollum	9.30	9.50	9.40	9.60	9.25	9.40	56.25	2nd T
Jim Mikus	9.15	9.15	9.15	9.50	9.20	9.60	55.30	9th
Waltzke Miller	9.40	9.50	9.20	9.25	9.25	9.35	54.05	7th
Chris Regal	9.40	7.10	8.40	9.70	9.10	9.55	55.65	8th

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1980 CONGRESS REPORT— WOMEN'S COMMITTEE

Linda Chencinski, Chairman

This was a big election year for the Women's Committee. Our entire Women's Committee personnel were elected from the State Chairmen all the way through to the National Chairman. All of the Women's Committee members voted for new State Chairmen. The State Chairmen, in turn, voted for the Regional personnel and the National committee elected new National Chairmen. I am proud to announce the following National Chairmen to you:

Elite Development Chairman-Ron Kraemer
Junior Olympic Chairman-Connie Maloney
Women's Technical Chairman-Delene Davis

Under the guidance of these National Chairmen, we are sure to see the USGF program grow better and better.

We will not undergo this drastic a change in personnel again as the elections are staggered from year to year. State Chairman will be elected every two years on even-numbered years. Regional personnel will be elected every four years in the year of the Olympic Games. National Chairman will be elected every four years in the year after the Olympic Games.

The Junior Olympic Committee made several changes in the program for this year. In addition to the new Compulsories, they decided to use the new Code of Points in order to relieve sheer panic. They are allowing a gymnast to enter at any level she chooses for the 1980-81 Season. This will alleviate a gymnast being stuck in too difficult a level. All agreed it was better to have the Junior Olympic program start on the new rules rather than wait another year and be that much further behind. Each of the Regional Junior Olympic Directors and State Chairmen are monitoring the sectional scores to decide whether or not states will need to lower their scores to have State Meets.

To help the gymnast know the levels she should compete in, the Executive Committee passed this recommendation:

In states where sectional meets are held to qualify to the State Championships, a gymnast is considered to be a particular level (Class I, II, III) when she enters the Sectional Meet. This would then compete in local or dual meets at any level to find out where she actually should compete. This allows gymnasts who are just entering the USGF program an opportunity to check their own level. In states where there are no sectionals, the State Chairman will decide the point of entry into a particular class.

The Junior Olympic Committee voted in the Spring to have the Junior Olympic National Championships be an optional only competition. Therefore, the East/West Championships will be a preliminary competition with Compulsories, Optionals and All-Around Finals. The top East/West gymnasts will advance to Junior Olympic Nationals where they will compete three rounds of Optionals to determine the Individual and All-Around Champions. Connie Maloney, Chairman, is preparing a guide, specifically, for Men Directors of East/West and Nationals to be used at these meets. Mr. Herb Cholden has

again offered Tulsa, Oklahoma to host the Junior Olympic Nationals and we are pleased to be returning to this gracious area for our Championships.

The Elite Development Committee is now under the direction of Mrs. Roe Krueger. The Committee has previously been guided and directed by Mr. Bill Stevens. We take this opportunity to thank Bill for his conscientious service and dedication. Bill could no longer continue in this position as the Parkette Gymnastic Team and his teaching job were making more and more demands on his time. The Elite Development Committee has decided to restructure the Championships of the USA for this year in accordance to the FIG age rule of 15 for International competitions of World caliber gymnasts.

There will be two age divisions—13-14 and 15 and over. The gymnast over 15 will be eligible for World Class gymnastics competition and the 12-14 division will be eligible for Junior World Class competitions. There will be 50 Elites and 50 Junior Elites competing at Championships of the USA. In the future, the Elite Development Committee plans to incorporate these two meets earthaving its own Championships of the USA.

The Elite Development Committee has recommended for several positions having National Coach. This individual would be responsible for traveling with our National Team to major competitions. Ideally, a man and woman would be hired to care for our National Team. At the present time, Mr. Council has approved this concept although we can only afford one person at the present. The Elite Development Committee unanimously recommended Mr. Jim Gault for the position and Mr. Council has offered him this honor.

The Women's Technical Committee discussed the new Code of Points at length and the problems presently being experienced. A form has been devised in nine elements as A, B, C and R-V or OV. This will appear in the "Rules and Policies Book" for coaches to request ratings of elements not listed in the Code. Cheryl Grise and Sharon Valley will compile all of these elements to be published as a supplement to the Code. The Technical Committee requested the Executive Board to enlarge the Committee in order to carry out specific duties beyond Regional Technical Director responsibilities. The Executive Board allowed the Women's Technical Committee to have a Vice Chairman and Secretary. It also placed the former Judges Training Committee under the jurisdiction of the Women's Technical Committee.

This year's Congress accomplished many things, but as usual, there were too many closed meetings and not enough time to see individual Women's Committee members. We are in the process of reviewing and trying to construct next year's Congress. If you have any suggestions for people you would like to hear speak as Congress or demonstrations, etc., please send me a letter containing all necessary information. The Congress is for all our members and we want it to appeal to you and answer your needs as coaches, judges and gymnastic enthusiasts.

U.S.G.F. REGIONAL DIRECTORS MEETING MINUTES

OCTOBER 2-3, 1980

ST. LOUIS, MISSOURI

Due to the large volume of business to be determined at the Regional Directors meeting two sessions were conducted. The first session was Thursday evening and the second was Friday morning. The directors met 7 hours total and these minutes follow the prepared agenda from Mr. Watanabe and are not in chronological order.

1. Roll call - those present:

Region 1 - Tom Gardner presided Thurs night for Dr. Hal Pfrey
Dr. Pfrey was present Friday morning

Region 2 - Hideo Mizoguchi

Region 3 - Robert Cowan

Region 4 - Alastair

Region 5 - Ray Gura

Region 6 - Steve Neff was present Thurs night for Roy Johnson
Roy Johnson was present Friday morning

Region 7 - Was not represented Thurs night but Fred Turoff was in attendance Friday morning for Larry Moyer

Region 8 - Rick Boyer

Region 9 - Bill Foster

Also in attendance were Foreign Relations Committee representatives Don Guttier and Junior Team Coaches Watchers Milk, Tom Gardner and Bill Austin

2. Approval of Del Minutes:

The minutes were studied and corrected in various manners with corrections being finalized and approved by the Directors.

A corrected copy of the minutes was given to Jack Martin for publication in the USGF News and a second copy will be prepared for Mr. Watanabe to distribute. Dan Guttier made motion for acceptance of approved minutes. Ray Gura seconded. Accepted unanimously.

3. Selection of Chairman:

Mr. Watanabe told of his need for a stronger and more viable organization that would allow him of some of the biomechanical books which he is required to produce. Mr. Watanabe felt that a structure with the Regional Directors and members of the Junior Staff along with the FRC representatives from the Junior program would provide this organization. This organization would also be the body for the development of a junior coaches organization to the USGF. The roles of the Regional Directors as outlined now would change in the organization growth and the need changes. The reasons that people come to the Congress are:

1. Information

2. Recognition of who they get information from

3. Recognition of Who's Who in the sport (Gymnasts recipients, Junior Coaches, Regional Directors)

4. Plans, technical lectures, etc.

Mr. Watanabe pointed out that these needs could be served by the structure which would be called the USGF Junior Program Board of Directors.

The Board as it will be referred to could function through a committee structure and would conduct the two annual meetings formulate relevant policies, implement these policies and establish various formats for the USGF Junior Events.

Therefore, the core of the structure would be Mr. Watanabe as Overall Chairman of this group, as elected Chairman of the Board, the Regional Directors, two members of the FRC and two members of the Jr. Coaching staff. The total number of 13 was chosen to prevent bias.

Bill Foster made motion that above mentioned structure be used for Board of Directors. Robert Cowan seconded. Passed unanimously.

The clinical function of the organization would be handled through five committees with chairman of each committee. At the completion of the committee business it would be discussed. No standing committees.

1. Award System Committee—Function should be to determine the correct procedures and method of assessing the Franks Committee Award nominations and recipients. Also the Standardized Awards

program of the USGF for State, Regional and National meets would be the responsibility of this group. Committee members are Rick Boyer, Chairman, Ray Gura and Roy Johnson.

2. Heat/Patent Committee—the format of the National Championships Meet, an recommended format for Regional and State championships and a recommended format for the Regional clinics would be the responsibility of this group. Committee members are Dr. Hal Pfrey, Chairman, Robert Cowan and Larry Moyer.

3. Compulsory Committee—The function of this committee would be to refine the compulsorys, introduce innovations, stick figures and submit them to Mr. Watanabe and the Publications committee. Committee members are Bill Foster, Chairman, Watchers Milk and Tom Gardner.

4. Training Program Committee—Create guidelines for the Region and National test. Create guidelines and criteria for the Jr. Class program. Committee members are Don Guttier, Chairman, Ray Gura, Hideo Mizoguchi and Bill Austin.

5. Publications Committee—This group would assemble materials for the "How To's" and "Police Manual" and function as an editorial board. Committee members are, Larry Moyer, Chairman, Bill Foster and Ed Burch.

The final item of business under Agenda item #5 was the election from the group of a Chairman of the Board. Nominations were accepted.

Fred Turoff nominated Larry Moyer

Tom Gardner nominated Dan Guttier

Ray Gura nominated Bill Foster

Larry Moyer nominated Robert Cowan

Dr. Pfrey made motion for closure of nominations. Seconded by Doug Apperson. Secret ballot. Dan Guttier and Bill Foster declined the nomination and Robert Cowan was elected.

4. Events of the Junior Program:

In November, the USGF is sending two gymnasts to China to compete. Mike Wilson and Larry Goren have been selected from the competition. The FRC tell that the two Junior Gymnasts (Dan and Dennis Hayden) should be selected for the replacement and therefore they will represent the United States.

China Team: Dan & Dennis Hayden 11/13-11/22, 1980
USGF International Jr. Invitational (program—date undecided)
This event will feature our Junior gymnasts in an event similar to the Harvard International Fellowship Invitational

National Sports Festival—Syracuse, New York—T/24-T/29, 1981

Training Camps:

Winter Training Camp 12/16-12/20, 1980

Spring Training Camp 4/13-4/17, 1981

USGF National Meet 6/29-6/30, 1981

Olympic Development Camp 6/29-7/12, 1981

National Sports Festival Camp 7/19-7/27, 1981

Bill Foster stated about the possibility of another USA Coaches Jr. Meet. Mr. Watanabe replied that the Canadian coach had already requested such a possibility. All the Regional Directors wanted to repeat this opportunity.

Dan Guttier asked who will take the gymnasts to the Sports Festival and Mr. Watanabe replied that the FRC picks the gymnasts. The Janes Board feels that Janes Coaches should work with Junior gymnasts at the Sports Festival. This would hopefully relieve the problems that arose at the last festival where Mr. Watanabe was responsible for the Junior Gymnasts twenty-four hours a day. Effective by 1982, the Board recommends 4-Class I, 4-Class II and 4 Junior Elite Gymnasts. They also recommend that the winter testing be used for placement to the 1981 team due to a 1 to 1 ratio for using warm-ups and various other needs. This year team will be the strongest in the top ten or twelve Class II Gymnasts. It has been suggested that the top 10 Class II would be chosen.

5. Junior Elite Athlete Team Concept:

The format of the Jr. Elite team is covered in the minutes from the Berkeley meeting. The age categories were discussed and it was felt that 18 year olds should be eligible competition if they are 18 on January 1st.

Bill Moyer asked how to get a sanction for an Open qualifying meet for Jr. Elites. Mr. Watanabe replied that a coach should contact Bill Zemler, Olympic Coordinator. In the Open qualifying meet, the gymnasts must compete the Olympic compulsories and options and score 102.00 points.

Continued p. 29

Regional Directors Minutes (Cont.)

6. REGGIO Registration Program (Sam Balas)

Mr. Balas spoke to the Board and showed a new form of registering the athletes which is much more simple and convenient. Item also explained the new process and gave valuable information on the accident report forms which should be used at a registered event. This can be done by a blanked section through the Regional Director. Coaches can get personal coverage for \$5.00 for accidents on a 24 hour basis.

7. Gymnastics Bulletin (Deadline for articles)

Mr. Watanabe said that all articles must be sent by the Directors according to the following schedule:

March Bulletin	By January 31
June	By April 30
September	By July 31
December	By October 31

Send all articles to Bill Fisher, 2870 So. Santa Fe, Englewood, Colo. 80210 Mr. Watanabe wants an article this month.

Tom Gardner asked what the purpose of the Bulletin is. Mr. Watanabe replied that the promotion of the Regions with some technical info on a quarterly basis. Heavy proportion of technical literature will be handled through the development of a Research Quarterly, hopefully. The next bulletin will have an editorial comment by Bill Fisher explaining the purpose to the coaches.

Along this line, Tom Gardner proposed that the Strategy should write a Comprehensive report of the Regional clinics for those State Chairmen who cannot attend. This would hopefully benefit them as they attempt to disseminate information to their coaches and help them to understand the importance for a uniform beginning this year.

8. Award Committee Service Award

The newly formed Award Committee will determine the procedure and create a nomination form. Nominations will be taken from the general meeting at Nationals and presented in Regional Directors Board meeting at Congress.

9. Nomination by Committee Members (Balas, Moyer, Johnson, Cowell)

Due to the action taken in Ronald, nomination is necessary. At the general session at the Congress, nominations were accepted and the awards committee will review this and present it to the Board at the National meeting.

10. 1987 Jr. Olympic National Championships Site

The only formal discussion was from Brigham Young University coach, Wilbur Young. The board accepted this bid and set the dates of June 26, 28, and 30, 1987 for the National Meet in Provo, Utah.

11. The Guidelines for Building the Jr. Olympic Nationals

This area will be handled by the newly formed Event committee however, many valuable comments were made which will be utilized. Fred Turoff suggested that the Event Director contact Ohio State University coach, Mike Wilson and inform him that the Mid-East will be interested in 1988 championships. This will allow him time-off if he chooses. Fred also suggested that bids should be submitted two years in advance. Roy Johnson suggested that Events Committee chairman, Dr. Peay contact Roger Council to secure scheduling for these various events on college camp use.

Tom Gardner suggested that gymnastic schools or private clubs be contacted for bids.

12. Manuscript Testing Concept

National Testing will take place December 13-16, 1980.

The Composition of performance sheet will be December 13. The Girls and Parental Testing will be December 14 and 15. The Final Evaluation will be December 16.

Mr. Watanabe informed the group that Video-Tapes which all the testing skills are performed by the Jr. National Team members to give some guidelines for evaluations. He is going to attempt to copy of these for each Regional Director.

This year Regional tests can be done by a film analysis and the gymnasium can adhere to the National test. Notification of the National office must be by November 23 this year.

***The Junior Date will be evaluated two times a year. This is a good policy because it will allow re-ranking to occur and the best gymnasts will be available for competitions. At the winter test, the Jr. Dates will test on tape only.

13. Report and Recommendations from Region 7

Fred Turoff represented Larry Moyer for the very interesting presentation of some developments in Region 7. The most impressive of these was the presentation of a manual which was developed by Larry and is in use in Region 7. This manual contains much needed information including the competitive addresses of many organizations necessary to the Junior program and various forms necessary for the coaches in the Junior Program. This manual is on order of the type book that Mr. Watanabe hopes to produce for the country.

The manual could be produced in such a manner that Regional agents could be assisted. Mr. Moyer had also prepared Frank Gurnsey Award nomination ballots and included letters which (a) recommended the NGJA, be contacted about the list of Competition 1 rules at all levels of competition and (b) recommended the NCAA be contacted to commence their own need of curriculum coaches to be utilized in the Junior program with their MR. NGJA close scrutiny. The board agreed to contact the NGJA about Competition rules. Fred Turoff asked if files on the pamphlets were being made and said that Region 7 is prepared to do them and could have them ready almost immediately.

The board was very impressed with Mr. Moyers work and will implement these recommendations in whatever manner possible.

14. Report and Recommendations from Region 8

Bill Peay reported that Region 8 needs a Director responsible of the Congress which would alleviate many problems he pointed out. This responsible would include the Board and the State Directors. No director would be individualized and no voter would be left without discussion would take place.

Region 8 also suggested that the Board should appoint a Judge which would judge the National Junior Olympic Meet. This approach would require:

1. Judge must attend course using JO Competitors
2. The Judge must have judged either a State or Regional meet or major tournament involving the USSR Competitors

The board accepted these recommendations and wants the Chairman to contact the NGJA to determine the feasibility of such criteria. Region 8 further suggested that the Regional Directors meeting be open to the public. There would be no closed no vote but the general directors could attend and observe the decision making process.

15. Standardized Award - Linda Chenevert

Linda Chenevert spoke to the Board about the Standardized Medal program of the USOF. She was selected by Frank Bain to put this program together and contacted several medal companies for the competitive bids. Medals Arts of Connecticut (the firm she did the World Championships medals) were selected due to their quality. Linda passed out a sheet which explained one of the awards and some details. The medals should be ordered four months in advance, through the Regional Director. Orders are made 20 days prior to the meet. Payment is due 30 days after the meet. Any extra medals would be returned to the Regional Director and held for next year. The Regional Director would refund money to the State Medal Director for whatever medals were returned. Medals could be returned to Medals Arts but the cost of shipping could exceed the refund. The medals will be engraved on the back with pitch and event. If you have a file send the un-used medals to the company and the file will be sent directly to the gymnast. State Medals and Regional Medals are \$7 and cost the same. Cost for 1st and 2nd in the same event placed is higher because the cost of silver is higher. The base price of a gold is \$3.00 per medal \$1.00 per ribbon and \$1.00 for the engraving \$4.00 total. The second place medals are \$5.00 higher for a total of \$9.00 a medal. Many of the Directors were very concerned about the cost of the medals for they feel that the boys' programs don't have the numbers of gymnasts sufficient to warrant a mandatory program and the brand of the expense would be on the gymanst through inflated entry fees. Linda suggested we go forward as a trial basis of the ones sponsored by local marshalls. Sam Balas was present and suggested that perhaps the USGT could provide some help. Later Mr. Balas reported that the Executive Director, Mr. Council will help provide funds for both men's and women's programs to help defray costs of standardized awards.

Dan Gutierrez spoke to the possibility of giving only one standardized medal. This satisfies the USOF requirement but will placing a great

Minutes of the Men's Foreign Relations Committee

Sheraton Hotel and Convention Plaza
St. Louis, MO, October 5, 1980

Present: Lee Savary (Chairman), Ken Allen (Secretary), Ed Burch, Don Gubler, Fred Rechsteiner, Bill Rechsteiner. Also present for portions of the meeting were: Sue Annemans (Women's F.R.C.), Jerry Lase (U.S.O.C.), Kurt Thomas, Mike Wohlweber, Bob Zornick (U.S.G.F.) and Roger Councill.

The meeting was called to order by Chairman Savary at 8:00 am. Use of N.C.A.A. facilities for international and domestic travel:

1. It was moved (Zornick) and seconded (Gubler) to bring an item of new business to the floor for discussion. The topic of discussion was concern expressed by N.C.A.A. coaches with regard to the use of collegiate gymnasts for international and Olympic travel. Carried
2. It was moved (Allen) and seconded (Rechsteiner) that an invitation to Athlete Directors of N.C.A.A. institutions which sponsor gymnastics. The letter would explain the process by which an athlete is requested to participate in U.S.G.F. activities. It would include a copy of the "Regulations Governing Selection of Coach and Team Manager and Responsibilities of Gymnasts." The circumstances under which an athlete might decline such invitations developed by the Men's and Women's F.R.C. in August, 1976 and which appears in the minutes of that meeting, and it would convey the details of the F.R.C. and the U.S.G.F. to maintain close communication and cooperation with the N.C.A.A. and Junior Program personnel. Copies would be sent to the Faculty Representatives and Gymnastics Coaches of those institutions. That same letter would go to the coaches of the junior program. Carried
3. U.S.A. Senior National Team:
 1. Much of this was discussed relative to the previous item.
 2. It was moved (Rechsteiner) and seconded (Zornick) that Casey Edwards' request for recognition be denied and that he retain his original place on the national team. Carried
 3. It was moved (Allen) and seconded (Savary) to table discussion regarding replacement of retired members of the national team. Carried

Long range goals and program for our male gymnasts (1980-84):

1. Mike Wohlweber presented a long range plan for the Men's program through 1984.
2. It was moved (Zornick) and seconded (Gubler) that the Structure of the National Team Program with the modifications presented by Ken Allen be accepted as policy of the F.R.C. Although this will appear as a separate document at some time in the future a brief description of that structure is necessary. The Junior National Team will consist of a maximum of 28 members between the ages of 10-18 (including college gymnasts). The gymnasts will be ranked in two age groups (10-14 years and 15-18 years) based on performance, potential and skills as outlined in the Junior program procedures. All Junior National Team members will be eligible for appropriate training camps. A new Junior Elite National Team will consist of the top ten finishers of the Junior Olympic National Championships (Seniors and 1984 Olympic compulsory competition). They will range in age between 15-18 and may include college gymnasts. All Junior Elite National Team members will be eligible for appropriate training camps. The Senior National Team will consist of the top 24 gymnasts from the U.S.G.F. National Championships and will be ranked according to that finish (it is possible a ranking would occur following a final trials situation). The maximum age would be 18 years old. The top twelve senior national team members will be automatically eligible for any appropriate training camp and will be given preference for assignments to international competitions. Although there will not be any change in rank of the remaining twelve gymnasts those remaining gymnasts who are 20 years old or younger will be automatically included in any appropriate training camps and will be given priority in being assigned to international competitions. Carried

3. Mike informed the F.R.C. members that he plans to form a Research Development Committee in order to develop and provide information which would enhance the training and preparation of our gymnasts.
4. Mike presented a list of items which all coaches and judges should report on following international competitions. The following guidelines will be included in information sent to all coaches and judges prior to their departure for overseas trips.
Coach: Responsible to observe the following aspects and report:
 1. Competitive and training schedule
 2. Training facilities
 3. Hand skills and combinations
 4. Hand technique
 5. Comments on our gymnasts
 - A. Performance
 - B. Attitude
 - C. Physical condition
 - D. Training pattern (preparative) prior to the competition

Judge: Responsible to observe the following aspects and report:

1. Hotel arrangement
 2. Communication with foreign judges, research personnel and sports medicine personnel
 3. Hand technique
 4. Hand skills and combinations
 5. Critique on judging
6. Discussion centered around upcoming international competitions and the philosophy which played a part in accepting invitation and preparing gymnasts. Recognized among the numbers which must be taken into consideration were who pays for trip (money might be better spent on a variety of programs which would enhance the preparation of our gymnasts); if it is during the N.C.A.A. season and would it negatively affect any of its member institutions; will some of our gymnasts be overexposed; will the competitions enhance the viability of certain gymnasts; internationally can we promote better relations among other countries; are the competitions "no win" situations etc. Note: At this point we joined the Women's F.R.C. to jointly decide which international competitions we would attend.

Accepted and rejected international competitions:

1. The men's and women's F.R.C. declined invitations for the following competitions: Moscow-Riga, Hungary, Romania. The committee approved the following invitations: San Luis Cup (South Africa), DDR (East Germany), Champions All (London), TBS Cup (Japan), and the Golden Bridge (Bulgaria). A verbal invitation to New Zealand was tabled for lack of detail.

By this time only half of the men's committee remained.

The meeting was adjourned at 12:55 p.m.

Respectfully submitted: Ken Allen, Secretary

Regional Directors Minutes (Cont'd)

Financial burden on the Men's Directors: Fred Tisch made motion that the top gymnast in each event receive the Standard award in each State and Regional Championships 1980-81 season. Seconded by Roy Johnson. Passed unanimously. Intent here is to satisfy the entry rule & standards and Regional Directors the attitude to only award All-Around or whatever is needed to insure financial success of their events.

The awards Committee will study this and have suggestions to National office by October 15.

Bill Foster made motion for adjustment. Seconded by Rick Boyer.

Meeting adjourned.

Reported by Robert Cowen

WOMEN'S TECHNICAL COMMITTEE

Minutes

St. Louis, Missouri
October 2-5, 1980

Meeting ended 16 min Thursday October 2 5:30 P.M.

- 1 Roll Call by Chair Diane Denee Pelton - Joanne Pasquale Hogan - Ruth Keay Hogan III - Sharon Hobbs Hogan IV - Linda Batten Hogan V - Connie Luchko Hogan VI - Marilyn Cross (Int'l) Hogan VII - Audley Schuyler Hogan VIII - Lynda Taylor NCGD - Rita Krieger NADCO - Connie Moloney - Young NUTC - Cheryl Gratz NCG Linda Choncosa - Non-Voting Delegates - Joanne Aschenbrenner (NAWGL) Sharon Yule - Past Vice Chairman and Hogan IV (ED) Pat Pyle - Regional Chairman VII Jackie Hin-Ho Sue Arnsman - USGF Vice President for Women
- 2 Minutes from August 1980 Ben Fenton - California voted accepted no corrections
- 3 Page 9-C 1 b (1) Vault rules for case: Deduction as follows:
2 for no C
2 for no Molded Vault
Page 9-C 1 b (2)-0 2 deduction from better score for each "B" vault performed
- 4 Dedile IV is unnecessary. Same rules apply as for III
- 5 Page 9-E 1. Details: If not able to enter State Meet she must have a score of 70.4 in the Zone
- 6 Page 418 A 1 -Age (All) Championships Two day 2
- 7 Page 418 B 2 and 3. Details 16 and mid Competition III except Vault B 3 under 14. 4. Other Competition II rules apply for all four events
- 8 Elia Date changes - 1st National Qualifying July 19-20 1980 Championships of USA March 12-14 1980
- 9 The following regulations were established for the 1980-81 Title season
- A Changes in Vaulting regulations from Ben Fenton
 - 1 For the 1980-81 season Eliaus Regional (Zone), Class I and Class National Qualifying Championships of USA will be required to do 2 "C" vaults. May they be the same or other a minimum better score counting. The following deductions will be in effect:
0.2 performing a vault of lesser value than "C"
0.2 tolerance pattern that vault
 - 2 For World Class Trials the requirements are 2 different "C" vaults, better score to count
 - 3 For Individual event and Competition III rules as in FIG Code
- B All gymnasts who completed the Olympic Trials will be eligible to enter the National Qualifying Meet. They may pass the Date Regional or may elect to compete for experience only. States will not count
- C Equipment Regulations for Class
 - 1 Two 4' handles male will be allowed for all events except Horizontal Bar and spring floor. Note 1. Handing male may be used without penalty for bar exercises. Deduction for illegal use of 4' male will be 0.5
 - 2 A spring floor is required for all Regional (Zone) events unless said above
 - 3 For the Junior Age division (14 and under) the uneven bars may be offset to facilitate the exercise (See Rules and Policies Page 7-14) Senior age division (15 and over) must work FG specifications
 - 4 Regional (Zone) Meet Directors must average 10 handboards that accommodate all weights of gymnasts at all events where a board is used. Coaches may not bring their own boards unless requested to do so by the Meet Director. Then all in the meet will use it

- C Meet Format Regulations
 - 1 No formulars will be used in Title competition.
 - 2 There should be no more than 2 months between the end of one year and the start of the next.
 - 3 In preliminary warm-up each gymnast should receive 2 minutes for each event
 - 4 The 30 second touch per gymnast during the competition will not be in effect. Should be tried
 - 5 Recommended 2 sets of bars and 2 or more beams for pre-competition warm-up
 - 6 Recommended all Meet Directors check speed of tape recorders prior to competition
- E Revised competition format for the replacement of USA 1981 - Approval of the Executive Director of USGF needed
 - 1 Two qualifications - January 13-14 Street (15 and over)
 - 2 20 Juniors and 30 Seniors qualify from 1st National Qualifying meet, Little Cheryphon
 - 3 Juniors will compete early afternoon. Seniors in the evening. These will be 2 separate meets
 - 4 All other institutions of the USA will be invited with the National Coach and the Director of Events
- F Regional (Zone) Meets and trials must be reported on the proforma forms by the NCGD Zone qualifiers must be called in by the NCGD and the NUTC (Oasis)
- G Member organizations of the USGF (YAU and USAGC) have requested their National Championships serve as a qualifying meet to the 2nd National Title - Approval with the following criteria:
 - 1 Judging requirements same as for EM National
 - 2 Competition III rules except Vault
 - 3 Compulsory - optional competition
 - 4 All gymnasts who score 70.4 (plus 0.5 per event) would qualify for the National Title
- H Jr Olympic Age Group Committee ReportThe following regulations were established for the 1980-81 season
 - A A gymnast must compete to one level of competition for one full season. This constraint is eliminated upon completion of competition in the National Meet. It is Sectional meet held prior the State USGF Board will determine which qualification meet will officially name a gymnast to a level of competition for that season
 - B Due to the difficulty of holding Class II Regionals with 45-70 gymnasts and after much discussion on the part of the Age Group Committee and the Technical Committee the following was established for 1980-81 season:
 - The top 3.5 gymnasts per age group per State will qualify to Class II Regionals. The Regional Age Group Board will determine the number. These regionals will total would not exceed 120 gymnasts in harmony with USG research age division
- I Motion by PC 10 for Region IV against Region VII motion
- J Judging
 - A National PG Course
 - 1 Discussion on selection process of those judges invited. An evaluation committee was set up for the purpose of improving upon this process. Members are:
Judge Training Chairman: Cheryl Duncer - Chairman
Sharon Valley
Linda Batten
Sharon Willett
Joanne Pasquale plus four people from NAWGL to be selected by the Executive Board
 - 2 List of names of those invited to the PG Course invited (Note this list with addresses included in minutes.)
 - B Questions resolved
 - 1 Why is the 112-1.30 time change for floor exercise for one year? Was this change has been known for a year?
 - 2 Judge affiliation? NAWGL / West follows guidelines in USGF Rules and Policies for assignment to USGF meets. Requirements must be approved by the NCGD for State or Regional Championships.

Women's Technical Committee Minutes Oct. 2-6 1980 (con't)

- 3 The purpose of WTC will be "officially" used by year if anyone is interested in doing so they may but would be a voluntary position in the USA because it may be held by many persons for little position.
- 4 The NAWCOSU has requested the WTC to appoint 2 people no work on a committee for the purpose of reviewing the Judges' technique. This committee will work on a joint proposal for the 1981-82 schedule. Appointed were: Linda Chonchola—Represent Women's Committee; Debra Davis—Represent Women's Technical Committee.
- 5 Recommendations to Joint Certification Committee:
- Add the words "Up to" when General Faults and Penalties for failure to complete a major element— $\frac{1}{2}$
 - To consider Raising the element value of the last landing pass in the Class I routine and other long events that are now listed as DH elements.
 - Final recommendations proposed by the JCC—From WTC minutes August 26, 1980 San Ramon California:
 - All elements of talent may be performed to either side without penalty.
 - Class II may change of hands after each is to be an optional hand change.
 - Class III, there is up to eight aerials horizontal to right pass—no deduction.
 - Class II beam limit—Maximum 1.15
 - When a fall occurs in compulsory basic the which stops just as it appears.
 - When a part of the body contacts the foot the clock timing themselves stops. The clock timing the fall begins.
 - When the heel leaves the floor the clock timing the routine begins and the clock timing the fall stops.
 - This is not a change, only a clarification.
 - All execution errors leading to a fall will be taken in addition to the fall. May not deduct more than the value of the element for deduction.
 - Compulsory omission of an element deduction applied to plus value of element.
 - Optional deductions for completeness are 2 times value of missing element with no deduction for no dismount.
- C. Equipment Specifications:
- For the USGF competitive program the height of the uneven bars will be measured from the top of the 1" bar to the top of landing mat rather than from the floor as in the past. To be done by head judge at beginning of meet. Lowbar may not be lowered after measurement is done.
- D. OVW Value Part Evaluation Procedure Presentation outline (see attached):
- Accepted as presented by Sherri Valley
 - RTD visual duplicate computer form now and put all regional newsletters etc. Then form will be printed in Rules and Policies
 - RTDs make sure form is signed off and stamped with USGF RTD's name
- E. Classification of Deductions:
- No preheat will be allowed for USGF competition. Only inquiries on:

Options	Computations
Scoring and Value parts	Unrestored Falls
Unrestored Falls	Incomplete elements
Neutral Deductions	Neutral Deductions (one time, out of bounds, out-of-bounds, etc.)
 - Score mount—when does tree begin? Non-stationary mount—time begins and when leave the board (example—start into mount). Time stop when contact me or with board
 - Elements performed out-of-bounds receive no credit. Elements which start in bounds and finish out of bounds will receive value credit, the location deduction and only other deductions which occur on the skill. Elements which start and finish out of bounds receive NO credit or association deducted.
- F. The deduction for performing a score or floor exercise without music is 0.2 each time.
- G. Technical problems with rhythmic—The decision to repeat or not to repeat. Must be made in each as routine is completed before score is computed.
- H. Any compulsory element used in optional routines must change the compensation table or else it is not done above F-10. Code for deductions.
- I. The only mount on balance beam where your hands may be on the beam is at 1/30 in the F-10 G. Code.
- J. Only group II ladies get credit for auto moves, nothing from III will be considered as values for the scores required in optional floor exercises.
- K. If a optional class the compulsory can be dropped in an optional and it would not receive credit for the value part of the element.
- For Class II it is regular height or a double height bars in which the long side will be considered the same as the compulsory. Any other height will be considered okay as an optional dismount for Class II.
- L. The routine markings for compulsory styling should be made with 2" white tape in the center of the trail (not trail to end) to the hands. Any part of the trail ending on the material qualify for lower deduction. Center the tape on material line on the trail.
- M. Classification of Compulsory items:
- A series of 3 elements— $\frac{1}{2}$ per a optional deduction 0.5. If two are omitted deduct 0.5. If all three are omitted deduct 0.8 + 0.5
 - A series of 4 elements— $\frac{1}{2}$ per a optional deduction 0.5. If all four are omitted deduct 0.8 + 0.5
- N. In the Class beam routine split leap, if the knee bend can be seen past the vertical deduct up to 0.2 for degree of bend (optional split leap on floor).
- O. On the parallel bars compulsory mounting a 0.2 points less will be given for running or walking into the mounts. They must be done in a stand 0.5 deduction for double bearing the board (arm or leg fall).
- P. For spotting uneven bars, a coach will not be allowed to stand between the bars but may only stand in a spot. Deduction will be 0.5.
- Q. Changes and additions to F-10 Rules for USGF Competition voted by Women's Technical Committee:
- Value rating directly connected ratios—Only group II ladies and 1/2 men in group III considered—in a series of 3 passes where 2 are directly compared the 2nd and 3rd are value rated and added.
 - When a natural B or C is added in the same series with a natural C into II 1/2 value for "BV" is given for the originality of the connection.
 - All visiting Judges will judge from the value of the viral rather than from 1/2 with the Head Judge taking the degree of difficulty deduction.
- R. All skills presented by the RTD's were evaluated and will be distributed thru the Regions (see attached).
- S. New Business:
- The USGF Women's Executive Committee approved the following positions on the WTC. Both will be young and will be held by female judges.
Women's Technical Committee Vice Chairman
Women's Technical Committee Secretary
The following have been voted by the WTC—Vice Chairman—Sherri Valley, Secretary—Sandy Thack Roth has accepted. The Chairman will develop the job descriptions for both of these post one.
- The next meeting is scheduled for the Championship of the USA, March 1981. Time and place to be announced.
- The third session of that meeting was adjourned at 1015 a.m. Sunday October 2, 1980.
- Respectfully
Debra Davis Chairman
Sherri Valley Vice Chairman

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